



Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, MD 20841 • (240) 777-6830 • www.montgomerycountymd.gov/rec
 Montgomery County Recreation Department - Aquatics Section

2013/14 Deep Water Running/Exercise Area Schedule • September 3, 2013 - June 14, 2014

Recreation Pool								Competition Pool		Summary Schedule	
Water Walking and Exercise Lane								Lane 10		Competition Pool	
										Lane 1 Deep Water Running Availability	
										Monday-Friday	6:00 AM - 9:30 AM
										Mon., Wed., Fri.	9:30 AM - 10:30 AM
										Monday-Thursday	11:30 AM - 2:00 PM
										Friday	10:30 AM - 1:00 PM
										Monday-Friday	2:00 PM - 3:30 PM*
										Tuesday - Thursday	7:30 PM - 8:30 PM
										Tuesday & Thursday	8:30 PM - 10:00 PM
										Friday	7:30 PM - 9:00 PM
										Saturday	8 AM - 9 AM, 2 PM - 4 PM
											5:00 PM - 7:00 PM
										Sunday	1:00 PM - 3:00 PM
											4:00 PM - 6:00 PM
										Lane 10 Deep Water Running Availability	
										Monday & Wednesday	10:30 AM - 11:30 AM
										Tuesday & Thursday	9:30 AM - 11:30 AM
								Lane 1		Recreation Pool	
										Water Walking and Exercise Lane	
										Monday-Friday	6:00 AM - 9:30 AM
										Mon., Wed., Fri.	11:30 AM - 2:30 PM
										Monday & Friday	7:30 PM - 8:30 PM
										Tuesday & Thursday	9:30 AM - 10:30 AM
											11:30 AM - 2:30 PM
											8:30 PM - 10:00 PM

Special Notes:

- This schedule represents the minimum time allotted for this activity.
- When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.

◦ This Deep Water Running schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.

* Not available during High School Season (November 15, 2013 - February 18, 2014)